



10 STEPS TO HEALTHIER AGING

A Campaign of Steps to a HealthierUS

- 1 ■ Start today.
- 2 ■ Choose physical activities you enjoy.
- 3 ■ Eat sensible portion sizes.
- 4 ■ Set realistic goals to eat better and move more.
- 5 ■ Walking is a safe way to become more active.
- 6 ■ Make wise food choices.
- 7 ■ Record your progress.
- 8 ■ Find an indoor place to be active in bad weather.
- 9 ■ Plan ahead what you'll eat or drink today to reach your nutrition goal.
- 10 ■ Ask a buddy or family member to join you.

To learn more about *You Can! Steps to Healthier Aging*, visit the AoA's Web site at:

www.aoa.gov/youcan

Additional Resources on Better Nutrition and Physical Activity

Steps to a HealthierUS Initiative

Steps to a HealthierUS is a bold new initiative from the U.S. Department of Health and Human Services (HHS) that advances the goal of helping Americans live longer, better, and healthier lives. www.healthierus.gov/steps/index.html

The President's Challenge

Interested in getting credit for becoming physically active? If so, join the HHS President's Challenge, a program of the President's Council on Physical Fitness and Sports. www.presidentschallenge.org or write to:

The President's Challenge
501 N. Morton, Suite 104,
Bloomington, IN 47404

Dietary Guidelines for Americans

The Dietary Guidelines for Americans provide expert advice about how good dietary habits can promote health and reduce risk for major chronic diseases. HHS and the U.S. Department of Agriculture (USDA) jointly publish these guidelines.

www.health.gov/dietaryguidelines/. USDA offers four consumer brochures for eating using the Dietary Guidelines for Americans. www.usda.gov/cnpp/Pubs/Brochures/index.html#content.

The Centers for Disease Control and Prevention

The HHS Centers for Disease Control and Prevention (CDC) offers information about Nutrition and Physical Activity on its Web site at www.cdc.gov/nccdphp/dnpa/physicallindex.htm.

National Institute on Aging

The HHS National Institute on Aging provides information about how older adults can benefit from being more physically active and specific exercises that are helpful for older adults. www.nia.nih.gov/

You Can! Campaign

For more information, visit www.aoa.gov/youcan or write to:
Department of Health and Human Services
Administration on Aging
Washington, DC 20201